

Elk Point REVIEW

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Tuesday, August 21, 2007

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PM40007168 R10645

Population
passes 1,500 mark

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College bound?
Tips for survival

Page 6 And the lucky
winner is...
...Page 7



Lindsay Jenner named '07 Oilmen's Golf champ

By VICKI BROOKER
Review Staff

A weekend of ominous clouds yielded only a single, brief shower that did nothing to dampen the enthusiasm of the 128 golfers taking part in the 24th annual Elk Point Oilmen's Golf Tournament, where Lindsay Jenner was named the 2007 champion.

The Elk Point Golf and Country Club course was "in great shape," according to tournament chairman Robyn Moroziuk, who also praised Becky Miller and her clubhouse staff for their efforts in making the golfers welcome.

A Thursday night scramble sponsored by Brent Becker and Bump Energy Services started off the weekend, and following Friday's rounds, the golfers enjoyed a pig roast sponsored by Witryk Trucking, with Orville Lovell and Mark Verenka doing the cooking and Wayne Mudryk providing the music. Buffalo Resources provided breakfast for the golfers, and the parents of the F. G. Miller Travel Club provided van shuttle service throughout the weekend.

With the final rounds completed, the golfers and their guests converged on the A. G. Ross Arena for a steak barbecue. Dave Cousins brought greetings from Oilmen's president Werner Schmitt, passing on thanks to all the participants and volunteers.

"We changed the format a little this year," Cousins said, "and I think it went really well." He called for a round of applause for all the golfers, who, "after Thursday and Friday, still made it out Saturday morning" for the final rounds of the tournament. (Continued on Page 7)



Vicki Brooker photo

Oilmen's Golf champions 2007

Championship flight winner Lindsay Jenner (left) exchanged congratulations with the winners of flights two through seven at the conclusion of the awards on Saturday night. With Jenner are, left to right: Lee Kadutski (Flight 2), Shaun Moroziuk (Flight 3), Norm Quinney (Flight 4), Richard Lameman (Flight 5), Kevin Rudell (Flight 6) and Bill Pengelly (Flight 7). Not shown is Flight 1 winner Gary Reed. Winners of flights eight through 15 are shown on Page 7.

Economic development on council's to-do list

By VICKI BROOKER
Review Staff

Elk Point town council met with Economic Development committee representative Bob Bezpalko last Monday night, and later approved three recommendations that have been in limbo for some time.

Bezpalko asked council the status of the recommendations, two of which dated back to September and October of 2006.

"I don't know where (the committee appointments) have gotten to. I don't know if council discussed the recommendations for signage or the proposed marketing plan, because we haven't heard since then."

The recommendations appeared in the ED meeting minutes but had not been put on subsequent council agendas for

discussion and approval, Town manager Myron Goyan said they "got lost in the shuffle."

The committee also recommended that the town come up with a "more professional website," Bezpalko said, adding that he had heard complaints from people who had encountered difficulty in finding the information they required on the existing website.

The website is "just a part of marketing," Bezpalko said, noting that he feels, "from a marketing point of view that we need a common theme."

Coun. Dennis Jasinsky voiced his agreement that, "we've got to start rebranding ourselves."

Council later passed motions approving the committee appointments, the marketing plan and signage, and agreed to ask Bezpalko to gather the information on cost and con-

tent of the proposed website and bring it back to council.

Bezpalko also reported that the ED had been denied funding to hire a community coordinator, but that funding is available to train someone for that position.

Aging sidewalk needs work

Railway Avenue resident Mary Bochon visited council to voice a concern regarding the condition of the sidewalk on her block.

"It's getting pretty bad," she said, noting that the walk was built in 1958 by her husband and their neighbours. "In those days, the town couldn't afford to build sidewalks, so residents built them themselves."

Council promised to look into the matter.

(Continued on Page 2)

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Elk Point population tops 1,500 mark

By VICKI BROOKER
Review Staff

Elk Point's population has passed the 1500 mark, and sits at 1512, according to the recently completed municipal census.

Town council received the figures at last Monday's council meeting and were surprised to see the population was evenly divided at 756 males and 756 females.

The largest age bracket

at the current time is from 25 to 34 years, with 244, with 35 to 44 years the next largest at 206. There are 159 residents between 10 and 17 years, 157 between 45 and 54 years, 144 age 75 and over, 138 age four and under, 134 between 18 and 24, 118 between 55 and 64, 110 between five and nine years of age and 102 between 65 and 74.

The census shows 692

dwellings, with 439 of these single family homes, 15 units in fourplexes, 94 apartments, 56 mobile homes, 81 units in seniors' residences, Parkview Extended Care is considered as a single residence, and there are four residential units in commercial buildings and two farms in the town limits. Almost twice as many dwellings are owned as are rented.

Keep your bike safe: identification program this Sunday

By VICKI BROOKER
Review Staff

Bicycle theft has become a major problem in Elk Point and surrounding area, and although many of these bicycles are recovered by the police, they are not registered and there is no way to find their rightful owners. Therefore, these bicycles end up in auctions.

This Sunday, Aug. 26, Elk Point RCMP are inviting bicycle owners to bring their bikes to the detachment between 10 a.m.

and 2 p.m. to get them registered. When a bicycle is registered, a unique identification number is engraved on the bicycle frame and is recorded to enable the bicycle to be identified at a later time.

The program is open to both children and adults, and the RCMP members will also explain other strategies to minimize the risk of theft.

For more information, please contact Cst. Leger at 724-3964.

Economic development on council's to-do list

(Continued from Front Page)

Municipal Sustainability

Mayor Parrish Tung presented information on the Municipal Sustainability Initiative from a session he had attended with Coun. Thomas Kondla.

"This is just for information," he noted, adding that there are "too many conditions on all of the grants" in the present form, and that the AUMA has drafted a proposal on how the funds should be divided more equitably.

The current form is "really complicated, and people are frustrated," the mayor said.

Industrial lots

Council discussed the price for three industrial lots on 50 Ave. which now have been topped up with clay fill. Council agreed to list the lots for a total price of \$77,000.

Council also gave tentative approval to a plan for expanding the industrial subdivision, which could become reality if there is a demand for the property.

Extension of services on 57 Ave. would not be eligible for government funding, Goyan told council, because it is

an extension, not a replacement.

Council agreed that a commitment would be required from purchasers before any additional servicing could be undertaken.

Design costs for priority areas were also under discussion, and council approved the cost for design of 57 Ave. between 46 and 43 St.

Rezoning

Two rezoning bylaws came before council. The purchasers of a property which had earlier been rezoned to allow its use as a church wish to have it rezoned back to highway commercial, and council gave the bylaw for this change its first reading. A second bylaw which would change four lots on Railway Ave. from commercial to R2 was deferred to the next meeting so additional lots could be added.

Garbage fee

It was brought to council's attention that a multi-family unit which has over four units, and thus requires a garbage bin, is still being charged for residential garbage pickup. The matter was referred to public works for resolution.

Costly concrete

The town received what they felt was an exorbitant quote for some additional concrete work in the form of ramps, and decided it can be done for a more reasonable amount by the town crew.

Elks van

The town is hoping to enter into a cooperative venture with the County of St. Paul, with both municipalities using community incentive grant funding to jointly purchase a van for the Elks Lodge, which will be of benefit to the whole community, as many groups and sports teams will be able to use it.

New development

Mayor Tung told council he has decided that the town's best course to proceed with the proposed Winalta development would be to deal with it in three parts, the first being the sale of six existing lots in the new subdivision. Once that was realized, the second part would be the sale of 6.57 acres in that same area. before moving on to a final phase involving more land.

"We have to get the town to grow," the mayor said. "The only way we can keep taxes from going up is to increase the assessment."

Councillor seeks mayor's chair

By VICKI BROOKER
Review Staff

Elk Point town Coun. Alvina Schuhmacher feels she would like a different view of the council chambers, this time from the mayor's chair. Schuhmacher announced her intentions last Monday evening when Mayor Parrish Tung told council that he intended to seek a second term.

Councillors Dwayne Yaremkevich and Dennis Jasinsky both said they also intend to run in the upcoming municipal election, and indicated that Coun. Thomas Kondla, who was not at the meeting, would also be running again.

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Friday, August 24
8:30 am to 9:00 pm
Saturday, August 25
8:30 am to Completion

Our Kids Need Your Support.

THANK YOU

THE ELK POINT AND DISTRICT AGRICULTURAL SOCIETY

would like to thank the following for their contributions towards the success of the

2007 Horticulture & Craft Show
THAT WAS HELD ON AUGUST 12

C.J. Petroleum, E-Can Oilfield Services, B&R Eckels Transport Ltd., Elk Point Insurance, Woody's Rona, Wozniak Bulk Fuels, Moe's Gardens & Greenhouse, Elk Point Co-op, Empress Family Restaurant, Elk Point Review, Apple Drugs, Home Town Grocers, Weatherford BMW, Shamrock Valley Enterprises.

Again, a special thank you goes to Rona for the loan of the ladders used to install the quilts for the quilt show. There were many people who volunteered throughout the weekend and we wish to thank them for being so generous with their time.

August 26, 2007

Forts des Prairie jamboree

Join us for an afternoon of jamboree style music and performances starting at 1 pm at Fort George and Buckingham House

Musicians sign up by phoning 780 724 2611 or on site one hour before the performance starts

Located 13 km southeast of Elk Point via Secondary Highway 646

Call 780 724 2611 for info

Fort George and Buckingham House

Alberta

County considers rural address signage

By MALLORY HOULE
Staff Writer

At the July 19 County of St. Paul meeting, councillors passed a motion to authorize administration to examine the cost, the time and the manpower required for rural address signage.

"It's something that the ratepayers have been asking to do for awhile," said CEO Kim Heyman. "We wanted to go with a system that would be consistent."

The signs would require dividing the county map into a grid and assigning numbers to homes based on the grid. One person working under contract would be given the task of dividing the map and installing the signs.

"After it's all done, the data will be input into a county computer system and then downloaded to 911," Heyman explained. "Every mile would be divided into 100 metre sections and then numbers would be assigned to driveways accordingly. In subdivisions, vacant lots (campsites) will also be getting signs."

The County hopes to have the grid completed by May 2008.

Ashmont intersection

County officials met with members of

Alberta Transportation on Aug. 15 to discuss changes to the Ashmont intersection.

Originally, the plans for the intersection involved setting aside \$5 million for repairs. "We've taken a serious look at it and we're doing it for a little less than the original plan," said Reeve Robert Bouchard. "The estimated cost will probably drop down between \$1-2 million and we're looking to begin repairs by next year."

Bylaw 1491

A plan to rezone land located west of St. Paul from agriculture to industrial/commercial ran into some difficulties due to its vicinity to the St. Paul Airport.

Pat O'Neill, on behalf of airport officials with concerns, brought forward some concerns. "There is a genuine concern that there will be buildings put right of where we're landing," O'Neill said. "Buildings that have substantial height may hinder our ability to take off from the runway."

The land in question, which is located approximately two miles from the airport, is an 80 acre parcel. The current owner plans to construct a shop and office on the area in the future.

Reeve Bouchard said that the concerns would be addressed and federal laws and

restrictions would be researched.

Bylaw 1493 and 1494

A proposed plan (Bylaw 1494) to rezone a 10-acre parcel of land from agriculture to industrial/commercial located just east of St. Paul was defeated by county councillors on the basis that it was not a feasible approach.

Initially, Kim Fluken, the owner of the parcel, planned to create a truck depot on the land. Concerned residents residing near the parcel, came forth to oppose the proposal citing that the "rezoning would have a negative effect on the surrounding land, land would be compromised, there would be a devaluation of property values, increased traffic and noise, degradation of the road and numerous safety issues."

For the same reasons, bylaw 1493, a proposal to rezone the land directly adjacent to the parcel mentioned in Bylaw 1494, was also defeated.

County sponsored scholarship

Rod Ayres, a St. Paul Education career counselor proposed that St. Paul County increase its scholarship base for graduating students.

Ayres suggested that a scholarship program be put in place for residents of St. Paul County with the criteria for the scholarship recipient left up to the discretion of county officials.

CEO Kim Heyman suggested giving out two scholarships totaling \$2,400 over a period of three years to the top two applicants. Council passed a motion allowing for Heyman and Tim Mahdiuk to draft a proposal for the scholarship program.

79th Annual General Assembly - Metis Nation of Alberta

Because council was unable to donate lodging for the Youth Conference members at the 79th Annual General Assembly for the Metis Nation of Alberta, councillors instead passed a motion to donate \$500 to the affair, which took place at the St. Paul

Recreation Centre between Aug. 16 and 19.

Oil allocation

Coun. Maxine Fodness compiled a fact sheet pertaining to oil allocation for the county. According to numbers presented by Fodness, there were 625 metres of available oil based on estimates in the 2007 budget. Currently, 266 metres of the oil has been used for projects.

Fodness proposed that a portion of the remaining oil be used for projects in Division 4 of the county.

"Just a portion of oil (would be used). I was looking at the subdivision and the curve at Lac Sante," Fodness said. "It would require approximately 140 cubic metres of oil."

Council passed a motion to table the discussion until the next Public Works Meeting. Leo deMoissac was given the task of gathering invoices to determine the exact amount of oil used in subdivision projects.

U14 Tier III soccer

In order to offset tournament costs, council passed a motion to donate a grant of \$400 to the U14 soccer team.

Whitefish Lake RCMP detachment

On Sept. 28, a ceremony celebrating the opening of an RCMP detachment on the Whitefish Lake First Nation will be held. Reeve Robert Bouchard will be attending the proceedings.

Elks van

Council agreed to the joint purchase of an Elks van along with the community of Elk Point. Approximately \$15,000 will be contributed from the county's transportation reserve.

Recreational facilities grant application

Three thousand dollars in grant money will be equally divided among the communities of Ashmont, McCrae and Owlseye to put towards their respective recreational facilities.

Recycling issues explored

Is the number of bottle depots in Alberta sufficient? Should milk containers be included in the deposit refund system? Should existing deposit levels be raised?

These are just a few of the issues for which public input is being sought by the Legislative Assembly's all-party Standing Committee on Resources and Environment.

"These are all issues of great public interest," said Denis Ducharme, MLA for Bonnyville-Cold Lake and chair of the Standing Committee on Resources and Environment. "The committee wants to ensure Albertans have a voice in this process."

The Standing Committee on Resources and Environment is one of four all-party committees established by the Assembly this spring. Among other responsibilities, this 11-member committee is performing a public inquiry into issues surrounding the Beverage Container Recycling Regulation.

These issues include:

Beverage container collection system: is the number of existing bottle depots in Alberta sufficient? Should additional collection options be considered?

Exemption of milk containers: should milk containers be included in the deposit refund system?

Deposit levels: should the existing deposit levels be raised? Should there be only one deposit level for all containers? Should large or oversize containers (i.e. 15-litre water bottles) have a much higher deposit level?

Unredeemed deposits: should management of these unredeemed deposits be transferred from the manufacturer to the Delegated

Administrative Organization (currently the Beverage Container Management Board), or should manufacturers continue to manage these funds? Should the regulation stipulate how these deposits may be used?

Service quality: what direction should be given to the Delegated Administrative Organization respecting the administration of standards included in the bylaws? Should there be a specific enforcement clause to deal with service quality?

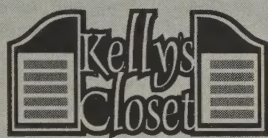
Two common collection agents: Should the number of common collection agents required be a business decision handled in the bylaws

and not prescribed in the Regulation?

The process surrounding the committee's review of the regulation is intended to enhance transparency, openness and accountability to the public.

Information about the committee and its review process can be found at www.assembly.ab.ca/resourceandenvironment

Members of the public are invited to make written submissions to the committee before the August 24, 2007, deadline. Details about the submission process are also available on the website.



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Since 80% of learning is visual it is very important that your child is seeing to his or her optimum level.

Just a reminder that Alberta Health Care still pays for all children and seniors eye exams so book your eye appointments today!



EDITORIAL

Toy recalls not a fun situation

Whatever will we put under the tree this Christmas? It's just over four months until the big gift-giving occasion, the gift catalogues are only a week or two away from distribution, and a vast number of toys have just been recalled because they contain products hazardous to children.

That could be a problem, on many fronts.

First of all, parents, doting grandparents, aunts and uncles are wondering if the toys they have already bought and given to the tots have brought harm to their loved ones. And what, oh what, will they find to give those kids for Christmas and birthday gifts?

Secondly, store owners and catalogue order takers are pulling out their hair in anticipation of dealing with disgruntled shoppers who are unable to fulfill the wish lists from children too young to understand that the playthings they want are hazardous to their health.

Third, think of the trauma the toy companies are going through: the fear of lawsuits resulting from toys already in children's hands before the problems were discovered, the spectre of mountainous losses in profit, the fear of lost credibility as premier suppliers of quality toys, and visions of angry stockholders dancing in their heads.

The picture isn't pretty from any of those viewpoints, but it would have been far worse if the first sign of the problems had been children showing symptoms of health problems resulting from defective toys.

WAY BACK WHEN...

Fairs, fairways and facilities

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE ELK POINT REVIEW AND THE LAKELAND REVIEW FOR THE WEEK OF AUGUST 21 IN...

1987

Descendants of Rudolf and Emily Ludwig, who home-stayed the southwest quarter of Section 32, Twp. 58, Range 6, W4, came from as far away as Washington, DC and San Diego, California to visit the site, and were welcomed there by descendants of the Ludwigs' closest neighbours, the Jenkins family. Norma Berg won section awards in baking, canning, fresh fruit, flowers and house plants on her way to the 1987 Elk Point Fair aggregate award.

1992

Town council expressed concern with both the short-term and long-term effects which could result from the mid-July closure of Imperial Lumber. Art Britton topped 120 golfers to win the Ninth Annual Oilmen's Golf Tournament championship.

1997

Elk Point Gas marked half a century of service to the community, with Dick Zeigler of the Federation of Gas Co-ops presenting a congratulatory plaque to Joe Tredger, who had been part of the cooperative from the beginning. Christina Brown had her name put on the Elk Point Fair grand aggregate plaque for the fourth year in a row, winning the baking, fresh fruit, knitting, crochet and weaving and seniors fair sections along the way.

2002

The Town of Elk Point received approval for a \$73,000 grant to be used to upgrade facilities at the Elk Point Recreation Park, with installation of showers, a storage building, horseshoe pits, a sand volleyball court and repairs to the gazebo included in the upgrades. William John shot a 159 to win the 2002 Oilmen's Golf Tournament, with 128 golfers competing in 16 flights.

Meanwhile, at the Stock Exchange...



LA MONTAGNE
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OUR VIEWS

Generations of love

Have you ever asked yourself where love really starts in your family? A child is born and first gets to feel love from the mother who brought her child into the world and then that child is introduced to the rest of the family members, which include father, siblings, aunts and uncles, cousins and grandparents. So really, there is a lot of love possible for every child. As with anything that is human related, we know we are not perfect and all this possible love may or may not be - but, I like to think that we are all in the process of becoming better. Part of that process of becoming better is recognizing and showing appreciation to our family members who love us. For example, on Mother's Day we remember our mothers and on Father's Day, remember our fathers. I don't know if there is an aunts or uncles day, but there is a Grandparents Day on which we can remember our grandparents.



deanna
EASTHOPE
from the FCSS desk

National Grandparents Day is a United States secular holiday celebrated on the first Sunday after Labour Day. The establishment of this holiday began with Marian McQuade, who spearheaded a campaign for the establishment of an official holiday in honour of grandparents. In 1973 her efforts paid off, when Governor Arch Moore declared the first Grandparents Day in West Virginia. Later that year, Senator Jennings Randolph introduced a resolution in the United States Senate to make Grandparents' Day a national holiday. Five years later, Congress passed legislation proclaiming the first Sunday after Labour Day as

National Grandparents Day. Thus the first official, national day for the declaration of Grandparents' Day to be celebrated would only have been the Sunday after the Labour Day weekend in September of 1978. That is not very long ago. So, even though it is almost the end of August and because grandparents are such an important part of our lives, I thought it would be good to do a "heads up" and remind you that Grandparents' Day is just around the corner, on Sunday, Sept. 9.

For those grandparents who are able and for those who have the desire to enter the Alberta Council on Aging Grandparents Walk in Elk Point on Sunday, Sept. 9, the walk will begin at 2 p.m. from the Seniors' Centre. Family members are also being invited to walk with the grandparents. Pledge sheets can be picked up at the FCSS office, Apple Drugs or Home Town Grocers. Some of the money raised from this event will go to the Alberta Council on Aging, which is an advocate organization on behalf of seniors. Some of the money raised will go to the Pioneer Circle to help with their utility bills and some of the money will go to African grandparents who are raising their grandchildren after the children's parents died from AIDS.

After the walk on Sunday, Sept. 9, everyone is invited to come to the Seniors' Centre to enjoy a program of entertainment, awarding of contest winners, music, a fish pond for the children, cake, coffee and juice. An added attraction this year will be a "talent table" - a must see of items shared by the grandparents themselves. So in this "Generations of Love" activity, children will have their poems, stories and art display of what makes grandparents special and the grandparents themselves will be able to share a talent or two of their own.

So to all the grandparents - let us all remember you. Bring something to the "talent table" or take part in the walk, or just come and be there at the Seniors' Recreation Centre on Sunday, Sept. 9.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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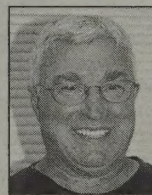
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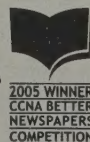


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Canada

Alberta's Iron Horse Trail

What's happening? ... Use the trail this summer and find out!

Go ahead and take a coffee break ... in another community.

Visit the Big Mushrooms, Giant Pyrogy and UFO Landing Pad ... lots of sights worth seeing.

Stop at a museum, dance a jig, eat pumpkin pie ... there is always something to do!



Alberta's Iron Horse Trail wants you to be a winner! Watch for our event trailer as we tour around Alberta's Lakeland this summer. We'll be at all the major events or visit our website to enter www.ironhorsetrail.ca

Riverland Recreational Trail Society invites you to make the most of your trail experience by following Alberta's Iron Horse **Trail Etiquette**. For safety's sake, slow down to walking speed when passing other trail users. Trail Etiquette is posted on all our brochures, website and at each of the staging areas.

The Elk Point Review encourages all trail users to **Stay Safe and Stay in Control**. The right attitude and patience goes on a long way to keeping you, your family and friends safe on the trail.

RCMP remind trail users to **Know the Law** and abide by the Off Highway Vehicle Regulations and the Municipal By Laws. Have a safe and fun summer on the trail!

Dealers encourage all trail users to **Stay on the Trail!** Respect adjacent landowners and the environment!

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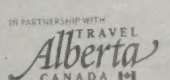
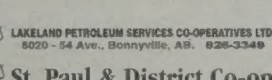
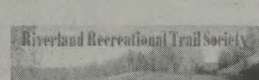
X POWER AND PERFORMANCE

The Municipalities along Alberta's Iron Horse Trail would like to wish you a great summer and invite you to use the trail. Whether you are planning a one day family outing or are exploring the region with friends, the trail is a unique experience.

Alberta's Iron Horse Trail is a multi-use trail used extensively by hikers, cyclists, horseback riders as well as quad and snowmobile enthusiasts. It is 300 km long and consists of two connecting routes. One starts west of Smoky Lake and ends in Heinsburg and the other branch runs from Abilene Junction to Cold Lake.

For more information, call **(877) 645-4521** or visit our website **www.ironhorsetrail.ca**

The following partners invite you to use Alberta's Iron Horse Trail this summer and discover the Lakeland region from a whole new perspective.





Auxiliary on display

Vicki Brooker photo

Elk Point Health Care Auxiliary displayed their history and current activities at the Elk Point Agricultural Society Horticulture and Craft Show on August 12, and also offered their Elk Point Centennial cookbooks for sale. Longtime volunteer Violet McFadyen and president Bernice Capjack were happy to offer information on the Auxiliary's activities and the benefits of membership.

ELK POINT CENTENNIAL QUESTION OF THE WEEK

Thirty years doubled population, changed the face of the community

Elk Point's population now sits at 1512, roughly twice that of 30 years ago, and the town looks far different than it did back then.

That was seven years before the apartments and the Hilltop Motor Inn and its accompanying restaurant would come to be, a decade or so before the Baptist church would appear on the northern skyline and the Elk Point Auto Centre would rise near the fast-growing industrial subdivision. It was long before the north subdivision and even a few years before the Ference subdivision and the trailer park.

Main Street and the downtown area has changed a lot too, although the hotel, the building which then housed Axel Iverson's barber shop and the laundromat and most recently has been the Stove Store, and our popular Chinese restaurant, then Stella's Cafe, and Elk Point Insurance look much the same. Across the street was Imperial Lumber, in the same building but looking much different now as RONA Building Centre.

Mayor Mike Habiak's Elk Point Sales and Service was on the corner across from the hotel, and still stands today, although vacant at this time. A block north, Phil's Hardware was on the east corner and the Toronto Dominion Bank on the west - both buildings replaced by new ones now, but serving the same purpose.

The Co-op was where Woody's Trophy is now, with a meat market in the back corner which later became the newspaper office for some years, and has had many tenants since. A new Co-op building was going up across the street, but until then, if you needed salt blocks, they sent you to their warehouse in the south end of "the old Co-op," the PRAG Plumbing building, which is now a flower shop. The very first Co-op store, just west of the town office, was a bakery, and what is now the bakery was Mitchell's Confectionery.

Between Mitchells' and the under-construction Empress Family Restaurant, located where the Empress Lounge sits now, was M & J Clothing.

Ballas Motors was kitty-corner from the 1977 version of the Co-op, where Servus Credit Union is now, and was located in a historic building which had been Zarowny Motors until that year, and Markstad's Garage prior to 1947. That building later became the first E-Can Oilfield Services shop. Across the street west was Wolanuk's Foods and Fashions, where you could buy anything from fabric to work boots to a quart of milk - a '70s version of the old-time general store, and west from there were the liquor store, where Northbound 41 and Sears is now, and the post office, where Coldwell Banker is now. The area north from Wolanuk's and Ballas Motors was all residential.

Across the street from the town office, which at that time housed the library in the west half, was the Arrow Theatre, a well-attended old-style movie house which ran popular kids' matinees on Saturday afternoons as well as the evening movies.

The building where the Elk Point Review, the Cutting Edge and Dr. Stewart's office are located behind Apple Drugs and Magic Pizza, wasn't there yet. A fire in April 1977 destroyed what had been Elk Point Billiards and Barber Shop, and the drug store was down by the Co-op, where Kelly's Closet is now. Two doors down the street, Macleods did a thriving business, and tucked in between was Virginia's very busy Hairport.

Along the highway, O & M Service and the Shell service station, which later burned to the ground, flanked the Elk Point Burger Bar, and the staff at both stations were happy to fill your vehicle with gas and check the oil. Across from O & M was the Elk Point Clinic, a busy place where patients came to see Dr. K. C. Miller and Dr. E. D. Bauld, and right next door was the dental office, where Dr. Bruce Kleeberger would soon be opening his practice.

One of the biggest changes was along Railway Avenue, where three elevators and Bochon's Esso bulk fuel business have become just a memory.



Cover artist recognized

Elk Point Health Care Auxiliary president Bernice Capjack presented Ralph Kryvenchuk with a copy of the Auxiliary's Centennial cookbook. Kryvenchuk designed the logo for the cookbook's cover.

Photo submitted

Long service award

Elk Point Health Care Auxiliary president Bernice Capjack recently presented a long service award to devoted volunteer Agnes Moroziuk

Photo submitted.



A quick survival guide for university life

By MICHAEL JANZ
President, University of Alberta Students' Union

As president of the University of Alberta Students' Union, many prospective students coming to university have sent me emails asking for advice as they begin their educational journey.

They weren't asking me how to get into grad school or get the right classes, but more practical questions like "how do you deal with large classes?" or "What can I do for fun on campus?"

I thought I might take a moment to share some advice with prospective students and their families:

Go to orientation: It's a great way for you to meet other students, to find out where everything is on campus and become familiar with the vast number of resources here to support you.

Change it up. You should not be afraid to take a course in an entirely different field than your own. You never know what you will discover about yourself and your interests. It's much better to find out in the first year that engineering is not suited to you than waiting four years before realizing that you really wanted to

study graphic design.

Don't go home on weekends. While it may be tempting to rush back and see your hometown friends, to truly immerse yourself in the university culture it is much better to save your travels for the holidays and use the time you have on campus to get to know the other students, attend diverse events, and of course to study!

Join a club or group: At the U of A for instance there are hundreds of student groups that you can take part in, from debate to the ski club. Student groups will provide you with opportunities to show leadership, attend events, and to build friendships with people who have similar interests.

The Freshman 15 (gaining of an extra 15 lbs in first-year): it can happen to the best of us, especially if one discovers beer and indulges in the wide array of fast foods on campus. Phys. Ed. class was left at high school so make sure that you find another hobby to help you stay active.

Financial Woes: Just because your parents made it through school with no debt, don't expect that you will be able to do the same. Unfortunately there are really not that many schol-

arships available! There are many entrance scholarships available for new students, but it is much harder to get scholarships in your senior years. You may seriously need to consider a loan or working to finance your education.

Housing: Get it early, get it fast. Urban areas in Alberta are facing serious housing crunches, making it is harder than ever for students to find a roof. The housing registry at www.su.ualberta.ca/housing is an excellent starting point for Edmonton.

What you put in, you'll receive back tenfold: School is expensive, it's difficult, and sometimes you will be under seemingly insurmountable stress. Fret not - university can be the best time in your life if you get involved. The diverse people you will meet, the ideas and methods you will learn, and the challenges you will overcome will push you in ways you never imagined. University is not about being trained to do a job, it's about finding out who you are and how you can make our world a better place.

For more information on what University is like check out www.su.ualberta.ca! I'll see you in September!

Prizes from goat to golf clubs

(Continued from Front Page)

Next came the presentation of the prizes. Cash prizes went to the top three golfers in each flight, numerous hidden hole winners and the winners of the Saturday morning scramble, and a huge array of door prizes went to golfers and guests.

Several special prize draws were also a feature of the evening, with Moroziuk winning two of them – one he wanted and one he didn't. A goat draw, which raised over \$1,000 in donations from the golfers and a matching amount donated by the Oilmen's Association, raised money for Haying in the '30s and was sponsored by Hahn Welding. Ryan Hahn drew Moroziuk's name from the boxful of entries, with Bernie Lavoie handing over the handsome but somewhat smelly prize, which, he told the lucky (?) winner, could be taken off his hands for an additional donation. With that taken care of, Moroziuk

was much happier later in the evening when his name was once again drawn as the winner of an ATV donated by CCS.

Superior Safety donated a fishing trip, which was won by Dean Payne, and Noralta provided a \$500 cash prize for the chip-off, which was won by Clint Russell.

Three entrants vied for a set of Callaway clubs, which were won by Marco Baart, with a driver going to Felina deMoissac and a cash prize to Jared Quinney.

Winners of the hidden hole prizes were:

#1 – Long drive AM: Kurt Kozicky; PM: Dwayne Karbaszewski.

#2 – Bush to right: Kevin Moneta, Jason Jenner, Ryan Bordeleau.

#3 – Closest to pin AM: Brent Becker; PM: Ken Ference.

#3 – Five strikes or more: Dave Pashulka, Michael Dalman.

#4 – Bunker to the right: Barry Radesh, Mark Hassan, Tyler Cameron.

#5 – Three putts or more: Jon Kadutski, Greg Fontaine, Clay Dole.

#6 – Left bush: Jacques deMoissac, Neil Adams.

#6 – Golf bags: Terry Wozniak, Bill Pengelly.

#7 – Out of bounds: Ron Friesen, Trent Rowley,

George Taylor.

#8 – Shortest drive: Jeff Howe, Andy Justus.

#9 – Long putt AM: Nathan Matthews, Roman Pietrus; PM: Tony Janz, Brian Letwin.

Flight winners were presented with their awards in reverse order, beginning with the 15th flight.

15th Flight: 1. Mark Hassan, 2. Tony Paradoski, 3. Andy Ducharme.

14th Flight: 1. Randy Cole, 2. Doug Nelson, 3. Kayne Rowley.

13th Flight: 1. Jerry Kopeck, 2. Bob Clarke, 3. Ryan Bordeleau.

12th Flight: 1. Bill Houde, 2. Germain Dallaire, 3. Neil Adams.

11th Flight: 1. Mike Boratynec, 2. Brian Letwin, 3. Norm Watts.

10th Flight: 1. Dwayne Karbaszewski, 2. Jacques deMoissac, 3. Tyler Hebblethwaite.

9th Flight: 1. Darrell Whitford, 2. Clay Dore, 3. Jon Kadutski.

8th Flight: 1. Murray Dyjur, 2. Ken Ference, 3. Cain Miller.

7th Flight: 1. Bill Pengelly, 2. Rick Napier, 3. Andrew McFarlane.

6th Flight: 1. Kevin Rudell, 2. Mike Makowecki, 3. Dave Hawryluk.

5th Flight: 1. Richard Lameman, 2. Kirk Clifford, 3. Lyle Frisby.

4th Flight: 1. Norm Quinney, 2. Don Anderson, 3. Ken Williams.

3rd Flight: 1. Shaun Moroziuk, 2. Dave Cousins, 3. Pat Brodwin.

2nd Flight: 1. Lee Kadutski, 2. Steve Wolos, 3. George Taylor.

1st Flight: 1. Gary Reid, 2. Joe MacKinnon, 3. Greg Desaulniers.

Championship Flight: 1. Lindsay Jenner, 2. Shawn Franklin, 3. Darcy Stafford.



Flights 8-15

Winners of flights 8 through 15 were, above, left to right: Flight 8 - Murray Dyjur, Flight 9 - Darrell Whitford, Flight 10- Dwayne Karbaszewski, Flight 13 - Jerry Kopeck and Flight 15 - Mark Hassan. Inset left is Flight 11 winner Mike Boratynec. Not shown: Flight 12 winner Bill Houde and Flight 14 winner Randy Cole.



Vicki Brooker photos



Callaway draw winner Marco Baart wasn't around to pick up his bag filled with impressive new clubs, but Felina deMoissac, winner of the driver, and Jared Quinney, winner of the cash, were both happy with their consolation prizes.



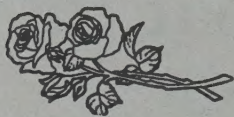
Chip-off prize

Andrew McFarlane of Noralta Controls (left) was at the banquet to present the \$500 cash chip-off prize. Doug Callbeck accepted the prize on behalf of winner Clint Russell.

Some prizes better than others

Some prizes are just more welcome than others. Robyn Moroziuk's name came out of the draw box twice on Saturday night, with the second draw, for the ATV at left, making him much happier than the first, which made him the proud (?) and very temporary owner of a billy goat donated by Hahn Welding. Pictured at right, left to right are Ryan Hahn, who drew the winning ticket, Robyn and his prize goat, and Bernie Lavoie, who supervised collection of donations and names for the draw. Proceeds from the draw, and a matching donation from the Oilmen's Association, will go to Haying in the '30s.





OBITUARY

BOOTHMAN, Ethel Frances

On August 17, 2007, Mrs. Ethel Frances Boothman of Elk Point passed away at the age of 92 years.

She is survived by 2 daughters, Donna Young & Carol (Ralph) Jurak; 2 daughters-in-law, Peg Boothman & Sylvia Boothman; 12 grandchildren; 7 great-grandchildren; 1 great-great-child; 1 brother, Herbert (Mary) Buckton; also numerous nieces & nephews. She was predeceased by her husband, Brian; 1 daughter, Shirley; 2 sons, Rodney Boothman & Bertram Boothman; parents, Alfred & Annie Buckton; 2 sisters, Jane Hamilton & Connie Morrison.

Funeral Service Wednesday, August 22 at 1:00 p.m. at the Elk Point Baptist Church, Elk Point. Pastor Jim MacLellan officiating with interment in the Mooswa Cemetery, Lindbergh. If desired, donations may be made to the charity of one's choice c/o Box 425, St. Paul, AB T0A 3A0.

Yewchin's Funeral Chapel Ltd. St. Paul. 1-780-645-5177.

By NICOLE KALYNCHUK
Elk Point Municipal Library

As the summer comes to an end, so does the Summer Reading Program. But that's no reason to frown! We've had many good times together.

Throughout the summer, we've made many crafts, read tons of books, and enjoyed countless activities outside when the weather was nice. The kids have developed good communication skills by interacting with each other, which will

make them less shy when school starts this fall. They have also developed many good friendships with each other.

Back during the beginning of the program, we set up a reading log booklet to encourage the kids to read more. If they read four books, once a week, they were able to pick a prize from the prize jar. We also kept count of all the books they read in total and made a reading thermometer. We said that when the thermometer reaches 100 books, a small party would

be thrown for the kids. Well, the thermometer has certainly reached 100 books, because in total the kids have read over 300!

So as promised, we'll be

having two separate parties. The one for the preschool (Wednesday) group will be on Wednesday, Aug. 22 at 1:00 and the party for the K-6 (Tuesday/ Thursday)

group will be on Thursday, Aug. 23 at 2:00. We invite and encourage all the kids who participated in the program to come, and their parents as well.



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August 13, 2007

Raymond Hammond \$20, Leatha Ockerman \$80, Helen Trach \$40, Virginia Smereka \$20, Leona Durocher \$20, Fern Sinclair \$411, Harry Shankowski \$20, Lloyd Gladue \$20, Margaret West \$20, Lillian Ewasiuk \$20, Barry Morris \$20, Ivy Ference \$27, Mary Rose Piesinger \$63, Bonnie McCallum \$18, Lois Yaremkevich \$50, Viola Yarmuch \$90, Elaine Timanson \$45, Carol Bugera \$18, Josie Zarowny \$18, Lois Sharek \$9, Olga Bayrock \$27.

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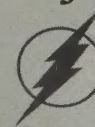
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130. Coming Events

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DRILLER ASSISTANTS sought for site investigation drilling firm. Edmonton and Calgary locations. No experience necessary. Applicants must enjoy physical work outdoors, and have good driving/safety records. Year-round work, plenty of overtime. Rates start at \$17./hr. plus bonuses. Opportunity to advance. Must live within commuting distance. Fax resume to: 780-434-7242.

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The position is responsible for handling a variety of daily clerical, data, accounting and payroll functions that will include, but not limited to, preparation of cost data, verifying, reconciling and processing vendor invoices and assisting in purchasing. Strong multi-tasking, communication and computer skills essential. Experience an asset but will train successful candidate.

We are looking for an enthusiastic and goal oriented person to fill this vacancy. We offer a competitive salary, comprehensive benefit package and provide a dynamic work environment.

Please submit resume to:

The Canadian Salt Company Limited
Bag #1, Elk Point, AB, T0A 1A0
e-mail: rprietus@windsorsalt.com
Closing Date: August 28, 2007

Successful candidates selected for interviews will be contacted by phone prior to August 31, 2007.



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We are currently accepting
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Class 1 TRUCK DRIVER

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Previous experience in the oil and gas industry would be an asset. A recent copy of your driver's abstract will also be required.

This is a full-time position based out of Bonnyville with scheduled shifts and full benefits with an RRSP package.

Please present your resume to:

Cougar Fuels Ltd.
5602 - 54 Avenue
Bonnyville, Alberta T9N 2N3
Attention: Brent Martin
Telephone: 826-3043 Ext 200
Fax: (780) 826-3040 or
E-mail: brentm@cougarfuelsltd.ca

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1500. Help Wanted - Prov.

FULL TIME Baker and Meat Cutter in Vermilion, Alberta. Experience required. Good references. Apply: Eastalta Co-op Ltd., 5013 - 51 Avenue, Vermilion, AB T9X 1B2, Attention: Alain. Phone 780-853-5335.

FULL-TIME BAKER and Meat Cutter in Vermilion, Alberta. Experience required. Good references. Apply: Eastalta Co-op Ltd., 5013 - 51 Ave., Vermilion, AB, T9X 1B2. Attention: Alain. Phone 780-853-5335.

FULL-TIME MECHANIC required for Trecraft in Grande Cache, Alberta. Licensed or apprentice. Fax 780-827-4278 or phone 780-827-3224.

HISTORY, GEOGRAPHY, Math Teachers required immediately for Nova Scotia High School in Zhengzhou, China. Resumes for future employment welcome. Contact Roger Hunkle at: rogerzhengzhou@gmail.com.

1005. Help Wanted

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Department Manager

Ph. 645-3558; Fax 645-5886



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- Permanent Full Time
- **Employer: Buffalo Resources Corp.**
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REQUIRED SKILLS:

Education: 2-year technical diploma (i.e. Petroleum Technologist) * Or 4-year engineering degree.
Experience: Previous experience of 2 years or more preferably in the oil industry.
Skills: Technical knowledge of the Oil Industry (heavy oil experience a definite asset) * Team player with excellent computer skills, verbal and written communication skills.

*If you are qualified for this position,
please send your resume to:*

**Box 56, Elk Point, AB., T0A 1A0
(or) mcochrane@buffalo-oil.com**

1500. Help Wanted - Prov.

HEAVY DUTY licensed mechanic plus tank testing technician for small Drayton Valley shop. Call Duane 780-621-1626. Licensed heavy duty mechanic for Valleyview shop. Call Len 780-542-1102 or Reg 780-621-9397. Class 1, 3, 5 tank truck drivers for Drayton Valley. Call Reg 780-621-9397.

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1005. Help Wanted**1500. Help Wanted - Prov.**

HOLIDAY ON HORSEBACK in Banff, Alberta is seeking individuals interested in the Rockies! Hiring for trail guides and cooks - starting salary range \$2100. - \$2400./month. Also looking for retail salespeople in busy western shop - starting salary range \$1700. - \$1900./month plus commission. Perks and incentives for all staff include free trail riding in Banff National Park! Staff accommodation available; www.horseback.com. For more details contact 403-762-4551. Fax 403-762-8130; warner@horseback.com.

JOHN DEERE dealership requires experienced Technicians. Pay to \$31/hour, plus signing bonus, moving allowance, benefit package and a life style choice second to none! Call Murray or Randy at Ranchers Supply in Pincher Creek, Alberta, 1-800-565-0362.

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JOURNEYMAN OR Apprentice Technician required. Great working conditions, hourly rate to \$40/hour, full benefits package. Contact the Service Manager, Shawn Blowers. Phone 403-679-2252. Fax 403-678-2806. Email: shawn_blowers@bowvalleyford.com. #101 Bow Valley Trail (Hwy 1A) Canmore, Alberta.

LUMBER YARD FOREMAN required for Eastalta Co-op, Wainwright. Must have knowledge of the lumber industry, hardworking and have good supervisory skills. This is a full-time position with an excellent wage and benefit package. Contact Les Konjalka at 780-842-4181 or fax joelma at 780-853-6563.

MAINTENANCE WORKERS required for Whitecourt Hospital, 5th Class Power Engineering Certificate an asset. Salary \$14.23 - \$15.75. Contact Allen Hofseth, telephone 780-778-5540, fax: 780-778-5161, www.aspenrha.ab.ca.

1005. Help Wanted

Aspen Regional Health Authority Elk Point Health Care Centre

STORES ATTENDANT Casual

The Elk Point Health Centre has an opening for a casual Stores Attendant.

Forward resume to:

**Paulette Levasseur, Facility Supervisor
Elk Point Health Centre
Bag #3, Elk Point, AB., T0A 1A0
Fax: 780-724-3085, Ph. 780-724-6325**

Note: All new offers of employment are subject to a Criminal Records Check satisfactory to the employer. This information is collected by the authority of the Protection of Persons in Care Act (Section 5.3).

1500. Help Wanted - Prov.

KINETIC PROJECTS is a premier construction and maintenance firm providing services for Oil & Gas, Utility and Power, Petrochemical and Forestry industries. Kinetic offers a progressive work environment, permanent positions and competitive wages. We are a Merit company offering a comprehensive benefit plan. Kinetic is currently seeking the following individuals to join our Ponoka Fabrication Facility - Journeymen and Apprentice Pipefitters, B Pressure and Structural Welders (no rigs required). Day/Night Shifts (night shift premium). Qualified applicants are invited to apply online at: www.kinproj.ab.ca (career link); Fax 1-866-466-6355. While we thank all applicants, only those applicants selected for interviews will be contacted. Gemini Corporation is listed on the TSX Venture Exchange under the symbol GKX.

LOG HAUL Drivers required in Lac La Biche, Alberta area, competitive wages, accommodations available, 780-213-0153 or Fax: 780-525-2121.

MAILHOT INDUSTRIES requires Hydraulic Cylinder Servicemen. Will train mechanically inclined person. Fax resume to 780-482-3434.

MOTIVATED FIRST/SECOND Pressman required. Goss Community experience, team player. Competitive salary/benefits. 780-842-4403. Ask for Jos. Send resume to: Star Press, 414 - 10 Street, Wainwright, AB T9W 1P5. Fax 780-842-7430, Email: jos@starpress.ca.

NAIT, at Fairview, Alberta is looking for a Motorcycle Mechanic Instructor. Journeyman and experience required. Call 1-888-999-7882. See our website for more details at www.nait.ca/hr/careers.

NEWSPAPER GRAPHIC Design, two newspapers in beautiful Sylvan Lake. Experience in Mac-based Quark, Photoshop, illustration necessary, newspaper, magazine, website layout. Email: bhibbert@sylvanlakeneews.com. Closes September 07, 2007.

1005. Help Wanted

Aspen Regional Health Authority Elk Point Health Care Centre

STORES ATTENDANT Casual

The Elk Point Health Centre has an opening for a casual Stores Attendant.

Forward resume to:

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Note: All new offers of employment are subject to a Criminal Records Check satisfactory to the employer. This information is collected by the authority of the Protection of Persons in Care Act (Section 5.3).

1500. Help Wanted - Prov.

OILFIELD SERVICE company requires Class 1/3 drivers. Oilfield experience and safety tickets an asset. Competitive benefit package and salary. Fax resume: 403-882-3862 or call 403-882-3825.

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REGISTERED NURSE, full-time positions available. Acute Emergency Department, Lac La Biche Hospital, Alberta. Furnished housing available. Contact Gislinde Moehrlie, phone 780-623-5930, fax 780-623-7314, email: gislinde.moehrlie@aspenrha.ab.ca.

REQUIRED IMMEDIATELY for Full-time, permanent employment - Carpenters and Labourers for work in Southwest Saskatchewan for oilfield construction. Contact Brent 306-741-1700.

SALESMAN/DISPATCHER required for small trucking company in Edson. Good salary and benefits. Please reply by calling Reg at 780-621-9397.

SHUTDOWN/TURNAROUND Personnel and experienced Safety Hands. Must have valid safety tickets. Please fax resume, copy of tickets and driver's abstract to 403-729-2396.

TERRITORY SALES Manager - Ag spraying equipment. Knowledge of commercial application and farm industry required. Great income opportunity in East Central Alberta. Base plus commission, benefits! applicants@grasslandsgroup.com. 1-888-778-0570.

THUNDERSTONE QUARRIES, West of Calgary, is currently hiring laborers to fill full-time positions. The right candidate should be strong physically and have mechanical aptitudes. No experience necessary, we will provide training. Great starting wage and benefits are available after three months. Onsite camping available. 403-678-2432 or fax: 403-678-9234.

TOWN OF Porcupine Plain, SK invites applications for the Full Time position of: Town Foreman. Must have ability to perform all duties required to operate and maintain a community of 800 - 1000 people. Porcupine Plain is located in the Northeast Parkland adjacent to Greenwater Lake Provincial Park. Porcupine Plain offers such amenities as hunting, fishing, hockey, curling, golfing, swimming, snowmobiling. Check our website at www.porcupineplain.com. Please submit letter of application along with current resume to: Town of Porcupine Plain, Box 310, Porcupine Plain, SK. S0E 1H0. Phone 306-278-2262. Fax: 306-278-3378, Email: porcupineplain@sasktel.net. Closing date: September 07, 2007.

V.D.M. TRUCKING. We are expanding in Edmonton/Red Deer, currently looking for Oilfield Class 1 Drivers, Picker Operators, Swappers, Yard Staff, Journeyman, 3rd year Mechanics. Fax 780-463-3461.

3010. Auctions
ACREAGE 2 KM East of Prince Albert, SK. Saturday, August 25, 1040 sq. ft. bungalow on 10.88 acres. Call Balicki Auctions 306-922-6171; www.balickiauctions.com.

RITCHIE BROS. Unreserved Auction: Buy lakeside recreational property on Nemeiben Lake at our September 6, Edmonton auction. Properties sell to the highest bidders. Visit Real Estate on www.rbauction.com or call 877-675-5263.

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3210. Misc. For Sale
AFFORDABLE PHONE Reconnection. Bad credit - no problem! Call Tembo Telecom and ask about our new customer special. Sign up online and save \$20. 1-877-266-6398; www.tembo.ca.

ALLIED STEEL Buildings for sale. Delivery to any job site in as little as 6 weeks. All buildings sold with Canada stamped drawings. Call 1-877-99-STEEL (7-8335). Ask for Curtis.

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FOR SALE: 8 X 10 garden shed. \$650 obo Call 724-3911

3210. Misc. For Sale

BED, QUEEN, orthopedic Pillow-top mattress/box-spring. New, still in plastic. Full warranty. Cost \$1300.; sell \$375. KING size, extra-thick, cost \$1700.; sell \$650. Will deliver. 403-371-1400.

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FOR SALE: Brand new queen-sized bed. Still in plastic. \$295.00. Call 826-1039

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HOT TUB 2007. New still in plastic wrap. Ozonator, full warranty. Cost \$8,500. sacrifice for \$4,200. Call 780-265-2426.

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KIMBALL PIANO - like new & 1 1/4" shuffle board. 780-645-5115

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METAL SIDING/ROOFING. Best prices! 32" VRIIB/36" Tougrib 29ga. Galvalume \$.69 sq. ft. Stock and S/O Colours \$.89 sq. ft. 25/30 year warranty. ALTA-WIDE Builders Supplies 1-888-263-8254.

NEW THERAPEDIC queen box and mattress set \$290. MEMORY Foam Mattresses now available. The Bed Spread (780)812-1300. 780-573-2622 message. Bonnyville, AB

POOL TABLE 1" slate, never used, with all accessories. Cost \$6500. Sacrifice for \$1790. Call 780-265-2426.

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SIDNEY CROSBY Game. Wednesday, December 5th. Only Penguins game in Edmonton for the next 3 years. Hotel, Dinner, Breakfast and Tickets included. These tickets are for fans in rural Alberta/NWT only. Seats are Limited so Book Early. Call Dash Tours at 1-800-265-0000.

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STEEL BUILDING Super Sale! Prices too low to publish! Colour available! Call now for free shipping; www.crownsteelbuildings.com. 1-800-457-2206. Garages, workshops, heavy/farm equipment storage.

TORONTO MAPLE Leafs tickets. Tuesday, September 18th. Only Leafs game in Edmonton for the next 2 years. These tickets are for fans in rural Alberta/NWT only. Call Dash Tours at 1-800-265-0000.

3240. Travel/Trade
TIMESHARE RESALES - Sell-Buy-Rent. World's largest timeshare resale broker. Stroman Realty - since 1979. Worldwide selection of resort properties. Call today toll free 1-800-201-0864.

3900. Garage Sales

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Antiques, sporting equipment, Icelandic knitting wool, many beer & wine making supplies, electric fence, heat lamp, water tank on trailer and much more.

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FOR SALE. Rodent proof 40' and 20' sea containers. 5' X 10' coral panels starting at \$55. 403-226-1722; 403-540-4164; 1-866-517-8335; www.magnates-steel.com.

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4500. Combines/Swathers

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22' MF STRAIGHT CUT HEADER with pick-up reels. Will fit MF Combines or 8900 or 8920 White combine. \$2,800.00 726-2352

FOR SALE: WESTFIELD 51 ft grain auger with 18 hp engine, excellent condition. 1973 chev grain truck, 2 1/2 ton with 14 ft steel box and hoist. Phone 724-2289

5003. Real Estate Misc.

1400 sq. ft., 4 bdrm house in Glendon. 2 Full bath, finished basement w/wet bar. Detached garage on 1 1/2 lots. Call (780)635-4212

FORMER GOVERNMENT Office Building.

11,500 sq. ft. Replacement cost well over \$1,000,000. Opening Bid \$100,000. No reserve - this building will be sold. September 15, 2007 at 2 PM in Meadow Lake, SK, 201-2nd Street West. 306-240-5558. dswwhite96@yahoo.com.

HAVE \$10,000 to invest in your future? Offering Outstanding land investment opportunity - 118 acre parcel recently annexed by City of Calgary. Investment secured via Offering Memorandum and Subscription Agreement. Call Karen at Wealth Motivators 403-807-8313. Opportunity closes: September 21, 2007.

5100. Houses For Sale

HOUSE FOR SALE TO BE MOVED. Older 1 1/2 storey house located 7 miles NW of Glendon. Call 780-812-0845.

5110. Houses For Rent

2 BEDROOM house in Elk Point, TO SHARE. All amenities, alarm, fenced yard included. Pets allowed. Phone after 6pm. 724-4495

5130. Apartments For Rent

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SELL IT IN

The Elk Point REVIEW

Time to settle Canadian Wheat Board issue

Dobson calls for meaningful, binding plebiscite

By **BILL DOBSON**
President, Wild
Rose Agricultural
Producers

It would seem appropriate to say that it is time to settle the Canadian Wheat Board issue one way or the other. But obviously, there is only one way that it will be totally settled and that is when the Wheat Board is gone. We might as well accept the fact that as long as we have the

Board we will have controversy.

One thing is very clear to me. That is that the federal government should have enough respect for the justice system to accept the ruling of Judge Dolores Hanson and allow the board to operate for this crop year without interference. Prime Minister Harper used these words this week as well. Farmers will get "Marketing

Choice one way or the other whether the Wheat Board likes it or not."

Opinion

That statement kind of sends a shiver down one's spine doesn't it?

Mr. Harper, if you want to put barley and wheat on the open market there is a very clear process to use. Maybe you haven't heard how

it needs to be done.

First you need to confer with the Board of Directors of the CWB on changes that you advocate. With the Board and farm groups decide on the wording and voting parameters of a meaningful and binding plebiscite. The questions need to be clear and direct. Basically the wording needs to be: "Do you want wheat/export barley &

barley for human consumption to be sold through the single desk of the Canadian Wheat Board or through an open market?"

The percentage of voters required to retain the single desk needs to be clear. There probably needs to be 60% support of a marketing board for it to function properly.

If there is a clear indication that farmers want an open market

through this type of plebiscite I very much doubt that Parliament would stand in the way of the change. It doesn't really sound that complicated. That is the process that is required and expected by farmers.

It is unfortunate that the Conservatives have tried to manipulate the procedure from the start. There has been a lot of hard feelings and uncertainty in the mar-

ketplace. That uncertainty of supply may have caused the feed barley price to spike on the WCE but in the long term insecurity will be harmful for farmers.

I have no problem moving to an open market if that is really what producers want but farmers need to clearly understand what they are asking for and what will be the implications of those requests.

Nomination time for Alberta's cattle producers

Alberta is cattle country. It was cattle country before the oil royalties came, and it will likely be cattle country after many other industries have come and gone. The business of agriculture is a strong economic driver in Alberta and cattle producers make up a sizable portion of that economic and political cut.

Alberta Beef Producers is there for everyone who pays a check-off and is as strong and representative as the people who take the time to be involved.

Nominations are open for Alberta Beef Producers (ABP) delegate positions. Elections will be held at over 35 fall producer meetings hosted throughout the province in late October and early November.

"We'd like to encourage producers to put their names forward and help provide leadership to the

industry," said Gerald Maser, a cow/calf producer from Manyberries, and chair of the ABP producer liaison committee.

"I think it's very important that producers actively work to address the challenges before the industry," said Maser. "We need new people with new ideas so we can meet these challenges and help lead the industry."

Nominations are open to any producer who has during the current, or immediately preceding year, sold cattle in his or her name and has paid a check-off fee to ABP, or to another person on behalf of ABP.

All nominations must be received, faxed or post marked before 12 midnight, August 31st. Nomination forms are available from the ABP office (403) 275-4400, or from the ABP website www.albertabeef.org.

Provincial program to boost bio-energy production in Alberta

The production of clean, renewable energy will receive a major boost over the next four years, thanks to support from the provincial government. The \$209 million Bio-Energy Producer Credit Program will encourage further investment in the province's emerging bio-energy industry through financial incentives for producers, while advancing new markets for agricultural and forestry products.

"In addition to the environmental advantages, bio-fuels offer important value-added opportunities for rural Alberta and our agri-

cultural industry that help diversify our energy portfolio," said Mel Knight, minister of Energy. "This program will encourage increased investment and help create new jobs for Albertans that will promote a sustainable and stable bio-energy industry."

Every litre of ethanol and bio-diesel or kilowatt hour of bio-generated power produced commercially may be eligible to receive the Bio-Energy Producer Credit. This will encourage producers of all sizes to effectively contribute to the marketplace. The credits will be available to

eligible bio-energy products processed in Alberta between April 1, 2007 to March 31, 2011.

The Bio-Energy Producer Credit Program is the centerpiece of the Alberta government's \$239 million Nine-Point Bio-Energy Plan. Two other grant programs, the Bio-Refining Commercialization and Market Development Program and the Bio-Energy Infrastructure Development Program, account for an additional \$30 million to promote the development of an economically viable bio-energy market in the province. The first grant recipients and \$5 million in funding were announced in April and additional recipients will be announced in the coming weeks.

More information on the Bio-Energy Producer Credit Program is available on the Alberta Energy website at www.energy.gov.ab.ca. Applications can also be found on the website and are being accepted.

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Get ready for hockey: off-ice training tips

For diehard hockey fans, the summer months seem to never end. In a hockey crazy nation like ours, the stretch between April and October leave us with little else to do but distract ourselves by pretending to play soccer as we hum the Hockey Night in Canada tune.

But for young hockey players who dream of being drafted to the NHL, the off season can't last long enough. Those six months afford aspiring NHLers with time for off-ice training crucial to earning their ice time come October.

This is especially true as hockey continues to evolve. Gone are the days when all that mattered was muscle and the weight training that came along with it. Hockey

now is a faster, more dynamic game. As a result, today's players are rewarded just as much for their speed and agility as they are for their strength. Coaches and young players intent on being drafted realize traditional training that focused on building muscle mass is now outdated and less effective and are making the shift to off-ice training in droves.

Canadian World Junior hockey player Sam Gagner is a convert and dedicated off-season, off-ice athlete. "The difference between a dreamer and a player is the amount of work that's invested in between," said Gagner. "I knew that if I was going to be a real contender for the World Juniors, I had to log training time in the summer, which wasn't always the easiest thing to do while my buddies were out relaxing. But even then, my usual training program wasn't enough. I was strong, but wasn't as fast or agile as I needed to be."

Enter Matt Nichol, one of several NHL trainers who designed Nike's Summer Shift, a program that combines off-ice training gear with pro-level exercises for aspiring elite hockey players like Gagner. "We created Summer Shift to meet today's hockey demands by strengthening those muscle groups used in a game situation. Training is now focused on enhancing hip mobility, core stability and leg power to enhance on-ice quickness and power."

While some are still sceptical that ice time is earned by using resistance bands and stability balls off-ice, Gagner insists it is exactly this training that "got me where I am today." And where is he now? "I'm a gold medal Canadian World Junior who was just drafted fifth overall by the Edmonton Oilers," he replies with a grin.

Nike Training: Top Ten Off-Ice Training Tips

1. Warm-Up: Every workout should begin with proper warm-up. For off-ice training, movement patterns should mimic the motions used in hockey. Intensity should slowly increase over time.

2. Keep Hydrated: Proper hydration before, during, and after training will decrease the incidence of muscle cramps and strains, increase endurance, and enhance the fat burning effects of exercise.

3. Emphasize Movement not Muscles: Athletes should organize their workouts based on the movement pattern of their sport to build harmony within specific muscle groups. Avoid the typical body building approach of selecting and isolating individual muscles.

4. Train from the Inside Out: All movement begins at the core, or the centre of the body. Before exercising arms and legs, ensure that there are sufficient levels of abdominal and lower back strength, and stability.

5. Train from the Ground Up: Once core training is complete, begin working leg muscles. With hockey, the legs are the primary source of power and strength. Properly trained leg muscles will improve agility and enhance sport specific speed and power.

6. K.I.S. (Keep it Simple): A training program is effective only if it is followed, so stick with the basics. Remember the old adage – inspiration plus perspiration equals success.

7. Get Better Everyday: Constant progress means working hard everyday. Try to enhance each training session. That could mean one more rep, one more pound, or one more kilometre. Whatever it may be, strive to be better each workout.

8. Set Goals: If you don't know where you want to go its hard to get there, so be sure to set goals that are achievable and realistic.

9. Tracking: Recording workouts and regularly reviewing ensures that goals are being met, but also acts a form of encouragement, reminding you how far you've actually come along.

10. Work Hard, Rest Hard: Cool downs and recovery times are as important as the training itself. Remember, muscle is not built in the gym, it grows and adapts outside of it. To fulfill training goals, proper rest and nutrition during and after training sessions is imperative.

Team Lakeland most improved

Paul Boisvert, secretary-treasurer of the Lakeland Senior Games Association, proudly reports that Team Lakeland, Zone 7 of Alberta 55 Plus (ASCSRA) enjoyed a great deal of success at the 2007 Alberta Senior Games held in Fort Saskatchewan, July 26 - 29.

Zone 7 captured the Lieutenant Governor's Trophy as the team showing the most improvement since the 2005 games.

Sixty-seven of the 112 participants making up the Zone 7 team returned home with 28 Gold, 23 Silver and 16 Bronze medals.

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